

***Your Own Classroom Presentation...  
It can be anything you want it to be!***

## ***WHY, WHEN and WHO...***

***Why would I want to do a classroom talk about stuttering?  
(In other words, "What's in it for me?")***

At first, when you think about this idea, it can seem scary. But, ask yourself these questions: Have other people ever given you strange looks when you stutter? Have other kids ever asked you why you "talk like that?" These people do not understand stuttering. They just "don't get it" when it comes to knowing how their reactions may make you feel. Other students who have talked to their classmates about stuttering have found that when people understand stuttering, teasing and mimicking don't happen as much. This, plus rewards that come with saying what you want to say, are "What's in it for you?"

***When should I have this kind of discussion?***

- ◆ When others ask you about your speech
- ◆ If you feel funny about using your speech tools in the classroom
- ◆ When you have to do a regular classroom speech assignment
- ◆ ANYTIME you feel ready!

***Who can I talk with about this idea?***

Your speech teacher is a good person to start with -- and you can also talk with your classroom teacher, or your friends in the NSA!



*Our Sincere Appreciation to Co-authors;  
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## ***A CLASSROOM PRESENTATION ABOUT STUTTERING***

***Ideas for children,  
teens, and  
Speech-Language  
Pathologists.***



***You are the "expert"  
about stuttering.***

***What you know can help  
others to understand...***

***Look inside for more  
information about how YOU can  
start helping others learn more  
about stuttering.***

***National Stuttering Association  
800-We Stutter (937-8888)***

***You and your speech teacher are experts*** when it comes to knowing about stuttering. You have the ability to educate your classmates. Think about it! This is important, because educated people don't tease others.

Hiding stuttering and not talking about it can actually make things worse. Hiding stuttering can make you feel scared inside and can make it more difficult to use your speech tools.

Talking to your class about stuttering can help you feel better about your speech and yourself. It creates a place in the classroom where you can feel safer to stutter or use speech tools.

***A classroom presentation can be anything  
you want it to be! YOU are in charge!***

◆ Your speech teacher can talk with your class about what he or she does to help kids with all types of speech difficulties. You may find that other students in your class have been in speech therapy. This discussion can lead into your presentation about stuttering.

◆ You can be as involved as you want to be. You and your speech teacher can decide who talks about each idea. Do what feels comfortable for you.

◆ Most importantly, remember that **you** are the expert about your stuttering. You will benefit the most when other people begin to understand what stuttering is all about!

## Sample Ideas for Discussion Topics

Talking to your classmates about stuttering for the first time can seem scary and difficult. Remember, though, **you** are the expert about stuttering and when you are finished, you will have succeeded in educating others.

There is NO ONE WAY OF DOING THIS. The ideas that follow are examples of what other kids have talked about in their classroom presentations. Pick and choose what works best for you and use your imagination to come up with your own ideas. Each idea can be adjusted for different age groups, so change these to meet your needs. Above all, have fun, be yourself, and remember that it's okay to stutter!

### Famous People Who Stutter

There are many famous people, past and present, who have dealt with stuttering. There are sports figures, movie stars and singers, writers, businesspeople, doctors, lawyers, and Kings. These people have been successful despite stuttering - *and you can too!*

### Facts and Myths

Many people don't really understand stuttering. They may have heard myths about why people stutter, such as "they are just nervous," or they are "talking faster than they can think." We may not know exactly what causes stuttering, but we do know a lot of facts. **You** can set the record straight. Share the facts and help your classmates learn the truth about stuttering.

### The Latest Research

You can share with your class the latest research about stuttering. Your Speech Teacher can help you find some cool facts. Check out the NSA Website for a start ([www.WeStutter.org](http://www.WeStutter.org)).

### The Speech Machine

Talking is a science. You can have fun helping your classmates learn about how speech is made. The more your friends and teachers know about the science of speech and stuttering, the less mysterious it will seem.

### How It Feels to Stutter

Your classmates do not know how it feels to stutter. You (and your SLP) may want to show them different types of stuttering and then have them try it — with you as their guide. This can help your classmates discover that stuttering can feel tense and uncomfortable, and that it's not something you do just for fun.

### There Is No Easy Fix

Sometimes people try to give advice such as "slow down, relax, take a deep breath." This type of advice is more common when people do not understand that managing stuttering is much more complicated than that.

### What We Do in Speech Class

Most of your friends probably do not know what you work on in speech class. Now is an excellent time to demonstrate some of the speech tools you are learning to use.

Just like when you had the class "feel" what stuttering is like, you can also ask them to try using some of your speech tools. By doing this, you can help your friends and teachers appreciate that using speech tools is hard work. Then need to know that you can't be expected to remember to use speech tools all the time.

### It Is Nobody's Fault

It is very important to talk about the fact that no one is to blame for your stuttering. People don't stutter because they are dumb or sick or because they did something wrong. Moms and dads did not cause stuttering, and it's not a disease you can catch. It's not your fault that you stutter and your friends need to know that.

### Talking About Teasing

Everyone in your class has probably been teased at some time or another. Your speech teacher can ask your classmates to share their own experiences with teasing so they can talk about how it made them feel. This is a good time for you to talk about how people who stutter feel about being teased. You and your classmates may want to think about how to deal with teasing. No one has to deal with teasing on their own. By sticking together, you can help each other!

### Question and Answer Time

You will find that your classmates and teachers are very interested in stuttering, but may have felt uncomfortable asking you about it before. Now is a great opportunity for them to ask you and your speech teacher any questions they have on their minds. You may not have all the answers, but the discussions can be really cool!

### Don't Forget the Snacks!

If it is okay with your teacher and parents, snacks can be great during question and answer time.

### What Else Do You Need To Know?

These are just a few suggestions for how you and your speech teacher can present information about stuttering to your class. Remember, do what feels right for you and have fun!

### Other Cool Stuff...

Here at the National Stuttering Association, we want you to know that stuttering is okay and that you can learn to manage it and live with it successfully. Your SLP, teachers, parents, and friends are all a part of your support team — and so is the NSA!

The NSA has lots of great posters about stuttering, newsletters and books just for kids and teens, and other great stuff to help you with your classroom presentation. Check us out at:

**National Stuttering Association**  
119 W. 40th Street, 14th Floor, NY, NY 10018

Phone: 1-800-We Stutter (800 937 8888)  
Email: [info@WeStutter.org](mailto:info@WeStutter.org)  
Internet: [www.WeStutter.org](http://www.WeStutter.org)

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In this brochure we have attempted to provide you with current information and advice about how to give a classroom presentation. We hope the example discussion ideas we have outlined will be helpful.

Above all, remember that **you are not alone** in dealing with stuttering. Through our publications, resources, conventions, and family of caring people who stutter, The National Stuttering Association will be here to help you. Do not hesitate to call on us.

We want to hear about your classroom presentation. Please share your story with us. Your experiences will give others the courage to try it too!

**The National Stuttering Association**  
*is a nonprofit organization providing support and education to children and adults who stutter since 1977*

For more information contact us at:

**1-800-We Stutter**  
**(800 937-8888)**  
**Fax: 212 944-8244**